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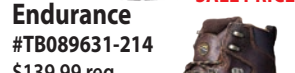
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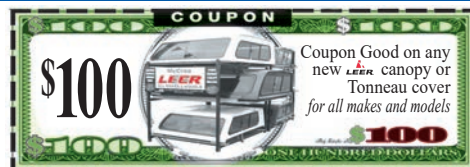
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Does CDFW Offer Online Fishing Resources For New Anglers?

Fishing Guide

Q: Does CDFW offer online fishing resources for new anglers?

A: CDFW's online Fishing Guide is a great tool to help new and experienced

anglers plan their fishing activities. The guide can be used to identify historically good locations to fish, and to see which species of fish are available to catch in water bodies statewide. Additional features include planting schedules for CDFW-stocked lakes and ponds, as well as boat launches/ramps, locations of license sales agents and fishing regulations. The guide can also be used to identify locations of Marine Protected Areas and quagga mussel-infested waters. CDFW's Recruit, Retain, Reactivate (R3) team has a wealth of resources avail-

able on the R3 webpage, including how-to videos (R3H3), recipes and tips for cleaning your catch. For ocean fishing, CDFW's Ocean Sport Fishing Interactive Web Map shows both fishing regulations and Marine Protected Area boundaries in relation to your location when used with a smartphone. The Marine Species Portal provides pictures, life history, and other information for a large number of ocean fish and invertebrates. Visit CDFW's Fishing in California webpage and Fishing in the City program for ad-

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California Outdoors Q&A

← CONTINUED FROM PAGE 6

ditional resources.

Antlers vs. Horns

Q: How are antlers different from horns and pronghorns in ungulate species like deer, elk and bighorn sheep?

A: California is home to several ungulate species that have antlers, horns and pronghorns. Deer and elk have antlers which are made of bone and grow from pedicels, which are bony supportive structures that develop on an ungulate's skull. Antlers are deciduous, which means they shed every year. For most ungulate species, only males grow antlers and typically not until after their first year of life (female caribou and caribou calves — which live in much colder climates than California — are an exception, because they do grow antlers). Horns are made of bony core covered in keratin, a structural protein that can be likened to fingernails. Horns occur in bighorn sheep and grow continuously through an animal's life. Scientists can generally count growth rings on horns of males to determine an animal's age, but aging females from horn rings is far less reliable. There are also several herds of pronghorn antelope in California, including on the Carrizo Plain in San Luis Obispo County and throughout northeastern California. Pronghorns are comprised of a sheath that grows over a bony core. Pronghorn sheaths are deciduous and shed yearly like antlers.

K-9 Detection

Q: I saw a recent CDFW Facebook post that said K-9s can be trained to sniff out gunpowder, quagga mussels, deer, bear, abalone, shark fin, ivory and marijuana. I can understand the gunpowder and the animal products — but does ivory have a smell?

A: Yes! CDFW's Law Enforcement Division has K-9s that are trained to detect (or "sniff") ivory. K-9s can be useful in this regard because of the number of very high-quality synthetic ivory replicas out there. Wildlife officers are

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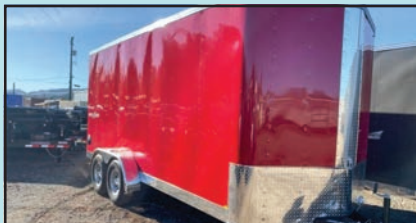
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California Outdoors Q&A

← CONTINUED FROM PAGE 8

trained in ivory identification, but K-9s trained to detect ivory can make an investigation much more efficient.

Generally speaking, dogs can be trained to identify distinct smells even when the item has no detectable odor to humans. Some dogs have even been trained to alert on imperceivable odors such as the presence of cancer in blood samples. CDFW K-9s have been trained to locate saltwater fish, abalone, crab, lobster, firearms, gunpowder, freshwater fish, methamphetamine, cocaine, heroin, cannabis, deer, bear, ivory, shark fin, quagga mussels and gray squirrel.

Puma Sightings

Q: Is there a way to report mountain lion sightings online?

A: The public can report mountain lion sightings to CDFW through its Wildlife Incident Reporting (opens in new tab) system. Public safety concerns should be reported to law enforcement, and if your wildlife encounter is an emergency call 911. There are also community organizations that track mountain lion sightings and offer community sightings maps.

Pumas are commonly referred to as mountain lions, but they are known by many names including cougar, panther and catamount. In California's wild, they are different names for the same animal. Mountain lions live across much of California, including along urban-wildland interfaces where they hunt for deer and other animals. However, it's rare to see a mountain lion because they are elusive creatures. If you do see a mountain lion or mountain lion cub, do not approach it or intervene. Remember that adult pumas, when out hunting prey, may leave offspring somewhere safe for up to days at a time.



If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

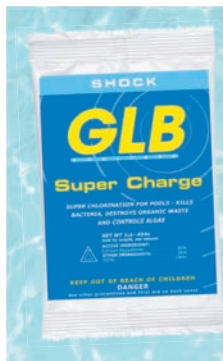
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5 Steps to Detoxify Your Body Naturally



Photo courtesy of Getty Images

(FAMILY FEATURES) As you prepare your mind and body for the warmer months, you may be interested in detoxification as a way of cleansing and eliminating toxins. A typical detoxification period may include fasting and a strict diet combined with light, appropriate exercise.

According to Ayurvedic practices, an ancient Indian science focused on whole-body healing and health optimization, it may be beneficial to detoxify. Consider these steps toward detoxification from the experts at Buddha Teas:

Aim for a Healthy Lifestyle

Before considering the specifics of daily routines and phases of detoxification, it's important to focus your lifestyle around healthy practices. For example, aim to minimize stress by participating in uplifting activities such as mindful walking, meditation, spending time in nature or other hobbies that put you at ease. Remember to rest both your mind and body, and get an appropriate amount of sleep each night.

Preparation Phase

Take 3-7 days to prepare your body for detoxification. The start of your journey should involve the elimination or drastic reduction of caffeine, tobacco, alcohol and recreational drugs.

Active Cleansing Phase

During the 7-14-day active phase, it's important to create and follow a singular diet of kitchari, which consists of mung beans, basmati rice, spices and vegetables. As a complete protein that's easy to digest, kitchari helps reset your digestive system while restoring digestive fire and supporting the elimination of toxins. If you're looking for a place to start, consider trying a few different recipes online, or purchase from a natural foods store.

If kitchari isn't right for you, opt for oatmeal in the morning and steamed vegetables or vegetable soup with basmati rice for lunch and dinner. Be conscious of portion control; eat enough for satisfaction without overeating. Aim to finish your evening meal 2-4 hours before sunset.

Another important aspect of the active phase is liquid intake. Drink hot water with lemon juice in the morning. Throughout the day, consider a hot tea with bitter herbs like Buddha Teas' Detox Dharma Blend. This delicious option consists of carefully chosen herbs and spices that come together to help eliminate toxins. Other effective hot teas include nettle leaf, dandelion root and dandelion leaf.

Create a Morning Routine

To stay on track during the active phase, it is helpful to create routines, starting with your morning wake-up call. After brushing your teeth and other daily to-dos, try relaxing techniques like sipping 8-16 ounces of hot water with lemon juice, self-massaging, taking a warm or hot shower or bath, gently exercising and combining these activities with an appropriate active phase morning meal.

Create an Evening Routine

Proper relaxation prior to bedtime can help encourage restful sleep. Avoid watching TV about one hour before bedtime and consider massaging your feet with herbal oil for a few minutes before rinsing with cool water. Drink a peaceful beverage like a milk substitute mixed with Buddha Teas' Golden Milk, which is developed from an Ayurvedic recipe that provides satisfaction and comfort while supporting the body and mind.

As your active phase comes to a close, slowly reintroduce foods like dairy, wheat, soy, meat and fish. Continue activities like gentle yoga, walking, tai chi and qi gong then rejuvenate your body with hot beverages like turmeric ginger tea, chaga tea and mushroom tea.

Learn more about detoxification and its benefits at www.BuddhaTeas.com. ♦

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HOME

Tips to Add Farmhouse-Style Elements to Your Home Design

(STATEPOINT) When it comes to home design, farmhouse style represents a total intersection of beauty and practicality, making it no surprise that many are embracing this traditional look today. Whatever architectural style your home is, adding key design elements can help you get in on best aspects of the farmhouse trend. Here are a few renovations to consider:

● **An updated porch:** Adding a front porch or expanding an existing porch will not only add charming farmhouse-style curb appeal, but extend your outdoor living area as well. Be sure to take as much care decorating your porch as you would any other room of your home. Include comfy furniture, like rocking chairs and a porch swing, complete with cushions. Add potted plants for a touch of vibrant greenery, lantern wall sconces for illumination, and outdoor rugs for coziness. Don't forget the entryway. Make it more inviting with seasonal wreaths and a cheerful welcome mat.

● **Board 'n batten siding:** Imparting a rustic, handmade quality to any home, even those built-in contemporary styles, "board 'n batten" is a centuries-old siding design that encapsulates the appeal of farmhouse-style homes. The term "batten" refers to the strip of molding placed across the joint between boards. The resulting look boasts an attractive geometry of strong vertical lines balanced by a sense of texture across the horizontal face. While the look is traditional, you can pair it with the very latest in siding technology. For example, CedarMAX Insulated Siding from ProVia comes in many styles, including board 'n batten. This complete thermal cladding system offers continuous insulation for maximum energy savings. With five times greater impact resistance than regular siding and a weather barrier shield,



Statepoint.net

this is not just a charming aesthetic upgrade, but one that will improve the comfort of your home for years to come.

● **Metal roofing:** There's a reason metal roofing plays prominently into the design of authentic farmhouses — they are built to last. That's truer than ever today, thanks to advances in metal roofing technology. Offering superior color retention, long-term reliability, energy efficiency and environmental friendliness, architectural-grade metal shingle roofing is an upgrade that can add both beauty and value to your home. In the case of ProVia's Metal Slate Roofing, which is designed to look like classic quarried slate shingles, you can draw on the beauty of nature in shades of gray and brown, while enjoying proven protection from hail, wind, rain, and corrosion.

● **Interior touches:** Restyle your home's interior to be farmhouse-inspired with a few renovations. Classic looks include neutral walls, such as matte shades of beige, grays and creams, shabby chic furniture — think wicker, distressed wood and reclaimed lumber — and hardwood flooring. Consider dusting off a few hand-me-downs or visiting antique shops and estate sales for one-of-a-kind finds. Above all, be sure to prioritize comfort, warmth, and practicality.

To embrace everything that a home should be — an inviting place to gather with friends and family — add farmhouse-style touches to your home, indoors and out. ♦

A Grilled Take on a Traditional Italian Meal



Carando

(FAMILY FEATURES) Warm weather means grilling season is back, but evenings spent around the grill are no longer just for hot dogs and burgers. This summer, impress family and friends with creative new recipes that put a spin on your traditional go-to meals.

To start, try bringing other cultural influences to the table. Get inspired by this Sweet Italian Sausage Polenta, starring flavor-packed Carando Sweet Italian Sausage and vinegar-laced peppers over soft, creamy polenta. Simple and satisfying, this recipe may just earn a permanent spot on your summer menu.

Whether you're grilling for neighbors or gathering the family for a weeknight meal, the sausage is convenient, easy to prepare and can help turn any occasion into a memorable one. Made from 100% pork and loaded with traditional Italian herbs and spices, it pairs perfectly with this creamy polenta, as well as pizzas, sandwiches, kebabs and more.

Find more ways to put your own spin on summer grilling at Carando.com.

Sweet Italian Sausage Polenta

Total time: 35 minutes

Servings: 4

1 package Carando Sweet Italian Sausage
8 cups chicken stock

2 cups dry polenta
8 tablespoons unsalted butter
½ cup Parmesan cheese, grated
3 tablespoons olive oil
1 red bell pepper, julienned
1 yellow bell pepper, julienned
1 medium yellow onion, julienned
1 tablespoon fresh garlic, minced
¼ cup white wine
¼ cup red wine vinegar
2 tablespoons honey
2 teaspoons oregano

Heat grill to medium-low. Grill sausages 15-20 minutes, using tongs to turn frequently; reserve.

In heavy-bottomed pot, whisk stock and polenta; bring to boil. Cook, stirring frequently, about 15 minutes, or until thick and creamy.

Remove polenta from heat and whisk in butter and cheese. Reserve until ready to serve.

Heat pan over medium-high heat. Add olive oil, peppers, onions and garlic; and sauté until vegetables soften and just begin to color.

Deglaze pan with white wine and reduce by half. Add vinegar, honey and oregano; cook until reduced by half.

Add sausages to pan to warm.

When sausages are warm, place polenta on large platter then top with sausages, peppers and onions. ♦



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We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

****New Hire Incentives** are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment.

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Please visit our website or Facebook page for more information on how to join our growing team! **<https://ncsheadstart.org/employment-opportunities/>**



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ACCOUNTING FISCAL SPECIALIST, Main Office (Arcata)

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Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

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1266 9th Street, Arcata, CA 95521

For addtl info & application
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GARDENING



Terenzo is a productive red cherry determinate tumbler tomato excellent for hanging baskets.
Photo courtesy of All-America Selections

Growing Tomatoes in Pots

by Melinda Myers

KEEP GARDEN-FRESH TOMATOES close at hand this season. Grow one or more in containers on your patio, balcony, or front steps.

Any tomato can be grown in a pot, but determinate varieties are smaller and more compact, so they are a bit easier to manage in a container. They produce fruit in a relatively short period of time, making them great choices for preserving as well as using fresh. Look for a D or determinate on the plant tag, seed packet or in the catalog description.

Indeterminate tomatoes, often identified with an I, are large, sprawling plants. These are usually staked or grown in wire cages to save space, reduce pest problems and make harvesting easier. They continue to grow, flower, and produce fruit until the frost kills the plant. Indeterminate tomatoes usually produce more tomatoes, but the harvest is later in the season than determinate varieties. New containers with built-in trellises or creative gardeners crafting their own makes growing in-

determinate tomatoes in pots an easier possibility.

Grow one tomato per container for maximum productivity. Use a 5-gallon or bigger container for large varieties and at least a two to three gallon or similar size pot for smaller varieties. Some research suggests growing tomatoes in a pot that is at least 14 inches but preferably 20 inches wide will yield greater results. Adding flowers and herbs to the container boosts the beauty and diversity of your container garden but will reduce the number of tomatoes produced.

Growing tomatoes in containers also allows you to extend the season. Start earlier by moving the planter inside when the weather is harsh and back outside when the weather is warm and sunny. As the weather turns cold at the end of the growing season, cover the planter or move it into a frost-free location as needed. Some gardeners even move a pot or two inside to finish off the tomato season.

Grow tomatoes in a container with drainage holes or a self-watering pot that has a reservoir to hold water and extend the time between watering. Further reduce the need to water by adding an organic, sustainable soil amendment like Wild Valley Farms' wool pellets (wildvalleyfarms.com) to the potting mix. Made from wool waste, this product reduces watering by up to 25 percent. Adding a low nitrogen, slow-release fertilizer at planting will eliminate the need to fertilize weekly. Just make a second application, if needed, mid season.

Plant tall tomato transplants a few inches deeper than they were growing in their container. Remove the lowest leaves that would otherwise be buried in the soil. Cover with soil and water. This is also a good time to install any stakes, trellises, or cages to support taller varieties.

Initially, check tomatoes growing in containers every day and water often enough to keep the developing root system moist. Reduce watering frequency

CONTINUED ON NEXT PAGE →



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Gardening

← CONTINUED FROM PREVIOUS PAGE

as plants become established. Feel the top few inches of soil and water the established plants thoroughly whenever this is dry. Mulch the soil with evergreen needles, shredded leaves, or other organic mulch to keep the soil consistently moist and suppress weeds. Consistent soil moisture encourages more flowering and fruiting, while reducing the risk of blossom end rot, cracking, and misshapen fruit.

Harvest tomatoes when fully colored or leave them on the plant a few more days for an even sweeter flavor. You'll enjoy the convenience of harvesting fresh tomatoes right outside your door for use in salads, sauces, and other favorite recipes. ♦

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook*, 2nd Edition. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' website is www.MelindaMyers.com.

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ENTERTAINING



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Plan the Ultimate Patio Party with This Checklist

(STATEPOINT) If you're like many people, you're more than ready to gather friends together. Whether you're planning the bash of the century or just want to turn a run-of-the-mill afternoon into a bonified party, use these tips to make your outside gathering pop:

Great Food

Barbecues are always popular, but you don't need a huge grill set-up to entertain guests outdoors. In warmer weather, you may prefer to keep guests cool and well-fed with light bites like Vietnamese summer rolls, charcuterie, fresh dips, seasonal veggies, cold pasta and fruit salad.

Fun Games

Keep spirits high with fun activities. Lawn games like cornhole, Spikeball and oversized Jenga are perennial favorites.

For those that prefer to take it easy, be sure to include games that can be played at the table, like *Cards Against Humanity* and all of its various iterations. Do you and your friends have a competitive streak? Set up a bracket system and host a knockout tournament. Winner gets bragging rights until the next party.

Surprising Libations

Hard teas are trending, hard. They make for a delicious daytime sipper on their own, but can also serve as the perfect base for warm weather cocktails — especially when they're made from authentic ingredients. Lagunitas' Disorderly TeaHouse, a 100-calorie, gluten-free, premium spiked, sparkling tea is brewed using guayusa leaves — an Amazonian botanical herb — and features natural fruit flavors, like yuzu lemon, raspberry and blackberry. Try it

alone or make this simple slushie recipe your party's signature cocktail: lagunitas.com/story/disorderly-teahouse-slushie. You can pick up the main ingredient — Disorderly TeaHouse — at Sprouts, Meijer, Whole Foods, Trader Joe's, and Safeway. Or you can have it delivered. For \$5 off on Drizly, use the promo code "DTHCincodeMayo" between April 28 and May 8, code "DTHMemorialDay" between May 15 and May 31, and "DTHFirstTasteofSummer" between June 1 and June 22. (Courtesy of Drizly. 21+. New users only. Void where prohibited).

Great Jams

The right music can make a good party great. Be the perfect host (and DJ) by just hitting play on this already carefully-curated "Steep Cuts" playlist from Lagunitas. Featuring artists like Kurt Vile, The Linda Lindas and Jack White, it celebrates all things disorderly like mosh pits, sound blasting out of garages, and dancing with wild abandon: open.spotify.com/playlist/2E2GGB9TYIeOvvwjRY6VzX.

Be sure to make the most of your playlist with high-quality, durable speakers designed to deliver great sound in outdoor spaces over the revelry. Those that link to other Bluetooth speakers are a good choice for creating surround sound — perfect for that impromptu dance party.

Take the Party into Night

Should your party extend into the evening, you'll want to be prepared. Remember that at dusk, the bugs come out in full force, so consider citronella candles to ward them off. For cool nights, consider having a heat lamp or smokeless portable fire pit on hand to keep guests nice and toasty. For ambiance and to illuminate the fun, hang string lighting or paper lanterns.

With this patio party checklist, you can give every party you throw this season something a little extra.



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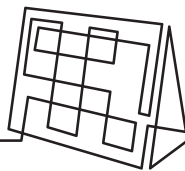
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ARTS & CULTURE

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: carrm@mendocinocounty.org. Free.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

Shelter n Play. Fridays, 6 p.m. Virtual World, Internet, Online. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. www.facebook.com/groups/224856781967115.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Ongoing. Virtual World, Internet, Online. Build English language confidence! Ongoing. Online and in-person classes. All English levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. 707-443-5021.

Nordic Aquafarms' Open Zoom. Wed., May 18, 12:30-1:30 p.m. and Wed., May 25, 12:30-1:30 p.m. An open Zoom meeting to ask questions and discuss the proposed Nordic Aquafarms project. Meeting ID: 826 0672 7970; One tap mobile +16699009128, +82606727970# US (San Jose); +12532158782, +82606727970# US (Tacoma). satkinsalazar@gmail.com. us02web.zoom.us/j/82606727970.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors

from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hblackmusicnarts@gmail.com.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 4-5 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

Wild Rivers Symphony Concert 2. Mon., May 23, 7 p.m. Trinity Lutheran Church, 1200 Easy St., Brookings. The "Players' Choice" concert series features pieces suggested by symphony members as among their favorites. Contact venue for current COVID protocols. \$12, \$10 advance, free for youth through grade 12. www.wildriv-erssymphony.org.

LIFESTYLE & COMMUNITY

Azalea Festival. Sat., May 28 and Sun., May 29. Azalea State Park, Brookings. The 83rd annual Memorial Day weekend event includes a parade, street fair, car show, air show, shrimp feed, Memorial Day service, deep pit barbecue, quilt show, book sale, flower/plant sale, live music concerts, a street dance and more.

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

OHA Vaccine Clinic. Tuesdays, 11 a.m.-4 p.m. and Wednesdays, 11 a.m.-4 p.m. Curry County Public Library, 94341 Third St., Gold Beach. This COVID-19 vaccine event is held by the Oregon Health Authority. Vaccines offered: Pfizer, Johnson & Johnson, Pfizer

age 5 to 11 and Moderna. No appointment needed, walk-ins welcome. For more info, go to www.currypubliclibrary.org/event/oha-community-vaccine-event.

Del Norte County

ARTS & CULTURE

Wild Rivers Symphony Concert 1. Sun., May 22, 3 p.m. Elk Valley Rancheria Auditorium, 2332 Howland Hill Road, Crescent City. The "Players' Choice" concert series features pieces suggested by symphony members as among their favorites. Contact venue for current COVID protocols. \$12, \$10 advance, free for youth through grade 12. www.WildRiversSymphony.org.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Trinity County

LIFESTYLE & COMMUNITY

Trinity Heritage Days. Sat., May 21, 10 a.m.-4 p.m. Historic Downtown Weaverville, Weaverville. Celebration honoring the peoples, places and stories of Trinity. Free Native American crafts workshops and Indian Tacos will be offered throughout the day. Plus food preservation demonstrations, live music, barbecue, free tours of the Taoist Temple, the Jake Jackson Museum will be featuring pioneer history, blacksmith shop, stamp mill and stage coach and many more town-wide events.

Humboldt County

ARTS & CULTURE

A Focus on Fiber. Mondays. Redwood Art Association Gallery, 603 F St., Eureka. A fiber art exhibition featuring weaving, basketry, dyeing, quilting, wearable art, embroidery, knitting, crocheting, book arts and woodworking. www.redwoodart.net.

An Evening with the Stinkfoot Orchestra featuring Napoleon Murphy Brock. Fri., May 20, 9-11:59 p.m. Humboldt Brews HumBrews, 856 10th St., Arcata. Led by Zappa alumni and its front man, the 15-piece ensemble delivers two sets of Frank Zappa's music with a six-piece horn section, tuned percussion and five vocalists. Contact venue for current COVID protocols. \$25, \$20 advance. info@stinkfootorchestra.com. [18](http://www.hold-</p></div><div data-bbox=)

myticket.com/event/392644. (707) 826-2739.

Anika w/Maria Minerva. Wed., May 18, 7:30 p.m.-1 a.m. The Miniplex, 900 Samoa Blvd., Arcata. ANIKA, the project of Berlin-based musician Annika Henderson. Contact venue for current COVID protocols. \$18, \$15 advance. richardsgoat@gmail.com. www.facebook.com/events/359043519616787/. (707) 630-5000.

Art Night at the Sanctuary. Third Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. \$5-\$20 suggested, no one turned away for lack of funds. www.sanctuaryarcata.org.

Barbaro. Thu., May 26, 8 p.m. Arcata Playhouse, 1251 Ninth St. Acoustic band playing bluegrass, traditional. Contact venue for current COVID protocols. \$18, \$16 members/seniors/students.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday. Contact venue for current COVID protocols.

Bob Dylan's Birthday Bash. Tue., May 24, 6-9 p.m. The Historic Eagle House, 139 Second St., Eureka. Local musicians come together for the 12th annual event for stories and songs celebrating Dylan. Contact venue for current COVID protocols.

Brother Ali with City Hippiie. Sat., May 28, 8 p.m. Arcata Theatre Lounge, 1036 G St. COVID-19 rules and regulations enforced. Masks required at all times unless actively eating or drinking at your table. www.arcatatheatre.com.

Comedy Night. Fri., May 27, 8-9:30 p.m. Bear River Casino and Resort Ballroom, 11 Bear Paws Way, Loleta. Local comedians perform in the Thirsty Bear Lounge, including Jessica Grant, Joshua Barnes, Stephanie Knowles, Evan Vest and Calista LaBolle. Ages 21 and up. Free. www.fb.me/e/3bqcUuems.

Dancehall Choreo w/Mo Harper-Desir. Sat., May 28, 1-2:30 p.m. Redwood Park, top of 14th Street, Arcata. Learn traditional dancehall styles with hip hop and R&B adaptations led by West Indi queen Mo Harper-Desir. For all levels and ages. \$5 suggested donation. Admin@Mohdcreates.com. www.mohdcreates.com/dance-fitness.

Dances of Brazil. Thursdays, 5:30 p.m.

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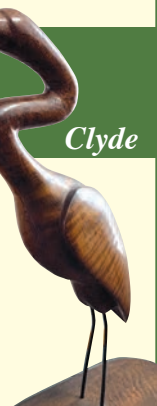
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Round I, Nominate: May 1 - May 30
Round II, Vote: June 3 - June 30

Winners:
Published in the Aug. 4 edition

Hurry! Hurry! Hurry!
Step right up and find out who is the **Best of Humboldt!**
The time is now to **NOMINATE** your favorite people, places and things. The ones with the most nominations will advance to the Voting Round!

NOMINATE AT
boh.northcoastjournal.com

Calendar

← CONTINUED FROM PREVIOUS PAGE

Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

DJ Goldylocks. Fri., May 27, 9 p.m.-1 a.m. Bear River Casino and Resort Ballroom, 11 Bear Paws Way, Loleta. DJ Goldylocks spins hits. Ages 21 and up. Free. www.fb.me/e/nMUaGR2rh.

DJ Statik. Sat., May 28, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Don't miss the hottest dance party in Humboldt County. Ages 21 and up. Free. www.fb.me/e/emAQE8bC9.

Eureka Symphony's "Alluring Influences." Fri., May 20, 8-10 p.m. and Sat., May 21, 8-10 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Eureka Symphony highlights Florence Price, the first Black female composer to have her work performed by a major orchestra, and Jenny Scheinman, violinist, composer, improviser and band leader. Contact venue for current COVID protocols. \$19-\$49, students rush tickets \$10. eurekasymphony@gmail.com. (707) 845-3655.

Ferguson Brothers Band. Sat., May 21, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. A mix of rock, country and blues to the Thirsty Bear Lounge. Ages 21 and up. Contact venue for current COVID protocols. Free. www.fb.me/e/8K1PAYEtR.

Happy Hour w/Anna "Banana" Hamilton. Saturdays, 5-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Blues, humor. Check with venue for current COVID protocols.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday. Contact venue for current COVID protocols.

Marcus King Band. Mon., May 23, 8 p.m. Arcata Theatre Lounge, 1036 G St. Check venue for current COVID protocol. \$39. www.arcatatheatre.com.

Midnight Movie: *The Evil Dead* (1981). Fri., May 27, 11 p.m.-1:30 a.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 11 p.m. Movie at midnight. Posters available for purchase. Contact venue for current COVID protocols. \$8. info@arcatatheatre.com. www.facebook.com/events/1206261646577574. (707) 613-3030.

Mike Love & The Full Circle. Tue., May 31, 8 p.m. Arcata Theatre Lounge, 1036 G St. Check venue for current COVID protocol. www.arcatatheatre.com.

Sci-Fi Night: *Zardoz* (1974). Wed., May 18, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 6 p.m. Raffle at 7:10 p.m. Main feature at 7:15 p.m. Admission grants you one raffle ticket for a chance to win science fiction prizes. Contact venue for current COVID protocols. \$5. info@arcatatheatre.com. www.facebook.com/events/3037414189904189. (707) 613-3030.

Shaun of the Dead (2004). Sun., May 29, 5-7:45 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie starts at 6 p.m. Posters available for purchase. Contact venue for current COVID protocols. \$8. info@arcatatheatre.com. www.facebook.com/events/1005447787065245. (707) 613-3030.

Tentative Opening. Sat., May 21. Blue Lake Museum, 330 Railroad Ave. Open Saturdays and Sundays from 1-4 p.m.

The Rocky Horror Show. Thu., May 19, 8 p.m., Fridays, Saturdays, 8 p.m. and Sundays, 2 p.m. Ferndale Repertory Theatre, 447 Main St. A rock musical sci-fi/horror spoof. For ages 16 and up. Through June 21. Contact venue for current COVID protocols. www.ferndalerep.org.

Trinidad Arts Night. Last Saturday of every month, 6-9 p.m. Trinidad, Downtown. A town-wide event including venues, galleries, wine tasting, outdoor music, live art, fire dancing, kids activities and various performances throughout the night. Free.

LIFESTYLE & COMMUNITY

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. 18 and older only. IDs checked at door. Alcohol and drug-free event. \$5.50, includes skate rental.

Audubon Guided Birding Tour. Sat., May 28, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet leader Drew Meyer at the end of South I Street (Klopp Lake). Ponds, fields and an easy-access trail. Email RSVP. Free. thebook@reninet.com. rras.org/home.aspx.

Bicycle Celebration. Sat., May 21, 11 a.m.-2 p.m. Jefferson Community Center, 1000 B St., Eureka. Music by Blueberry Hill Boogie Band, powered by a pedal-powered generator, pedal-powered smoothies, tabling by local groups, bike safety knowledge and

Eureka Mayor Susan Seaman discussing traffic safety. Enjoy a raffle and Taste of Bim and Los Giles food trucks. Join a group ride from Arcata to the event and back-meet at the plaza at 10 a.m. Free. www.facebook.com/events/665139534594998.

Drop-In Volunteer Day. Thu., May 26, 1-4 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Get a taste of a farmer's work growing vegetables, herbs and flowers. Come prepared for sunshine, cold, wet and working in the dirt. Bring a water bottle, snacks, closed toe shoes, long pants, sleeves and a sun hat. Free. baysideparkfarm@cityofarcata.org. www.cityofarcata.org/440/Bayside-Park-Farm. (707) 822-8184.

Eureka Bike-to-Work Day. Thu., May 19, 7-9:30 a.m. North Coast Co-op, Eureka, 25 Fourth St. Stop by the Energizer Station to enjoy free snacks, coffee and get a bike safety check from Adventure's Edge. Sit back and relax with a free chair massage. Free. stephen.luther@hcaog.net. www.lovetoride.net/humboldt/pages/info?locale=en-US&page=3_events. (707) 444-8208.

FOAM Marsh Tour w/Barbara Reisman. Sat., May 28, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Reisman in the lobby for a 90-minute, rain-or-shine walk focusing on the plants and/or ecology of the marsh. Masks are optional inside the building. Free. (707) 826-2359.

FOAM Marsh Tour w/Sharon Levy. Sat., May 21, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Levy in the lobby for a 90-minute, rain-or-shine walk focusing on wastewater treatment, marsh history and/or birds. Masks are recommended inside the building, regardless of COVID vaccination status. Free. (707) 826-2359.

Fortuna Chamber Murder Mystery Dinner. Wed., May 18, 5:30 p.m. North Coast Hitching Post, 2190 Table Bluff Road, Loleta. A mystery fundraiser with live music, a silent auction, buffet-style dinner, no-host bar, photo station and more. Get tickets online. \$75. www.fortunachamber.com/fortuna-shop/annual-dinner.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Local farm-fresh produce, meats, cheeses, baked goods and other specialty foods. EBT, Cal-Fresh and WIC accepted.

Goth Day. Sun., May 22, 10 a.m.-6 p.m. The Old Steeple, 246 Berding St., Ferndale.

Crafts, clothing, art, live music from Hollins & Hollins Mortuary Entertainment, and adoptable animals from Companion Animal Foundation in the historic Victorian Gothic Revival building and neighboring cemetery. All ages. Vaccination and masks strongly encouraged. \$5 entry.

Guided Walk at Founders Grove with Nature Guide Griff. Saturdays, 11 a.m.-noon. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. The Founders Grove loop trail is less than a half-mile long and is ADA accessible. There will be frequent stops to discuss the redwoods, the history of the land and the wildlife. Free. John.griffith@parks.ca.gov. www.humboldtredwoods.org.

Headwaters Native Plant Walk. Fri., May 20, 10 a.m.-noon. Headwaters Forest Reserve, End of Elk River Road, 6 miles off U.S. Highway 101, Eureka. Join a BLM botanist on a native plant walk on the South Side Trail. Starts at the Elk River Trailhead and continues on the parallel south side trail for a moderately strenuous 3-mile, round trip with some uphill hiking. Free. BLM_CA_Web_HW@blm.gov. www.blm.gov/programs/national-conservation-lands/california/headwaters-forest-reserve. (707) 825-2300.

Humboldt Grange Breakfast. Fourth Saturday of every month, 8:30-11:30 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Home style breakfast served buffet style. www.facebook.com/humboldt.grange. (707) 442-4890.

Interpreter Guided Redwood Forest Hike. Fridays, Saturdays, 2-3 p.m. Prairie Creek Redwoods State Park Visitors Center, Newton B. Drury Scenic Parkway, Orick. Join park interpreters for a guided hike through the old growth redwood forest. Rain cancels. Check the California State Parks North Coast Redwoods Facebook page for updates/cancellations. Free.

Interpreter Guided Visitor Center Tour (Chah-pek-w O' Ket'-toh "Stone Lagoon" Visitor Center). Fridays. Humboldt Lagoons State Park, 15336 U.S. Highway 101, Trinidad. Join Interpreters from California State Parks and the Yurok Tribe for a guided interpretive tour through the new Chah-pek-w O' Ket'-toh "Stone Lagoon" Visitor Center. Check "California State Parks North Coast Redwoods" Facebook page for updates/cancellations www.parks.ca.gov/?page_id=416.

Kid's Night at the Museum. Fridays, 5:30-8

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Calendar

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p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. www.discovery-museum.org/classesprograms.html. (707) 443-9694.

Kinetic Grand Championship. May 28-30. Countywide, Locations throughout Humboldt County, Humboldt. The annual three-day, 42-mile, human-powered, all-terrain, art-vehicle race for glory. www.kineticgrandchampionship.com.

Memorial Day Celebration. Mon., May 30, 10 a.m.-1 p.m. Ferndale Main Street, Ferndale. Ferndale veterans and other organizations coordinate the 10 a.m. parade, followed by a memorial ceremony at the Ferndale Cemetery and a return parade to the Veterans Memorial Building.

Redwood Coast Kite Festival and Artisan Fair. Sat., May 21, 10 a.m.-5 p.m. and Sun., May 22, 10 a.m.-5 p.m. Halverson Park, First Street on Eureka Waterfront, Eureka. Watch the array of kites. Bring your own kite to the Fun Fly Time held each day or learn how to DIY one at the kite building workshop.

Samoa Speeder/Train Rides. Sat., May 28, 10 a.m.-4 p.m. Timber Heritage Association, 930 Vance Ave., Samoa. Ride Humboldt's historic rails with a scenic trip along the bay on Timber Heritage Association's historic crew car rail speeder. Near the Samoa

Cookhouse. www.timberheritage.org/ride-the-rails-on-a-historic-speeder-crew/. (707) 443-2957.

Spring Sunday Art Markets. Sun., May 22, 10 a.m.-4 p.m. Arcata Plaza, Ninth and G streets. This lively art market is presented by Arcata Main Street and features an array of local vendors, live music and more. Each week has a theme and a partnership. Free. arcatamainstreet@gmail.com. www.facebook.com/events/1157330408396124. (707) 822-4500.

Sumeg Village Tour. Sundays, 11 a.m.-noon. Sue-meg State Park, 4150 Patrick's Point Drive, Trinidad. Join us for a free interpretive tour of Sumeg Village within Sue-meg State Park. Rain cancels. Please check "California State Parks North Coast Redwoods" Facebook page for updates/cancelations. Mondays, 1:30-2:30 p.m. Sue-meg State Park, 4150 Patrick's Point Drive, Trinidad. Join us for a free interpretive tour of Sumeg Village. Rain cancels. Please check the California State Parks North Coast Redwoods Facebook page for updates/cancelations. Free.

Tri-County's Independent Living Technology EXPO. Fri., May 20, 11 a.m.-3 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. A space for persons with disabilities, their families, and others to learn about resources to transition to adulthood, live independently and age with dignity. Free. aa@tilinet.org. www.tilinet.org. (707) 445-8404.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Saunder's Plaza, 353 Main St., Trinidad. Next to Murphy's Market. Featuring local art and crafts, live music and barbecue. Free admission.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Contact venue for current COVID protocols. Free. www.reelgeniustrivia.com.

West Side Live! Market. Sat., May 28, 11 a.m.-5 p.m. Whitethorn Construction, 545 Shelter Cove Road. Meet and shop with farmers, cultivators and artisans, enjoy food, beverages and live music. Must be 21 and up to enter cannabis area. Free.

Mendocino County

ARTS & CULTURE

International Museum Day & Bicycle Splash Art. Wed., May 18, 2-4 p.m. Mendocino

County Museum, 400 East Commercial St., Willits. Stop by and spin the bicycle wheel to make your own splash art. This year's Museum Day poster is sure to inspire you. Pick up your own poster to color and enjoy. MendocinoMuseum.org.

Starlight Lounge Poetry Reading. Sat., May 21, 7 p.m. Willits Community Theatre and Performing Arts Center, 37 W Van Ln. Local poets David Partch and Kirk Lumpkin are featured readers. An "open reading" will follow the featured readers. Contact venue for current COVID protocols. www.wctperformingartscenter.org/.

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Grange Pancake Breakfast. Sun., May 22, 8-11 a.m. Little Lake Grange, 291 School St., Willits. All-you-can-eat pancakes (sour-dough wholegrain, buttermilk or gluten-free), bacon, organic local eggs, juice, organic coffee or tea. \$9, \$8 Seniors, \$5 for children under 10.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

Lower Lake Daze Parade & Street Fair. Sun., May 29, 10 a.m.-3 p.m. Lower Lake, Main Street. Live music, vendors, food and drinks. Parade starts at 11 a.m.

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HOME COUNTRY

By Slim Randles



WINDY'S FRIENDS AND neighbors started the day off as usual, smiles and waves to each other. But then a change occurred when they heard the first announcement on the Gates of Heaven Chinese Restaurant's loudspeaker car.

"Let's get your day started down at the Mule Barn with a short stack and a cuppa joe that'll jest flat spring yore eyes wide open. Thass always a good idear, campers, and you can tell 'em hello from ol' Windy while you're there.

"And speakin' of Windy, continentally a-course, don't forget to write someone in one a-them fancy universalies 'bout 'wardin' your pal Alphonse Wilson one a-them honorary college degrees. Thass right. 'Bout time to honorific them guys all over cow country who can cook you up a meal from nothin' but a cow call and a gentle breeze. And coffee that'll reorgandize yore medulla obligation.

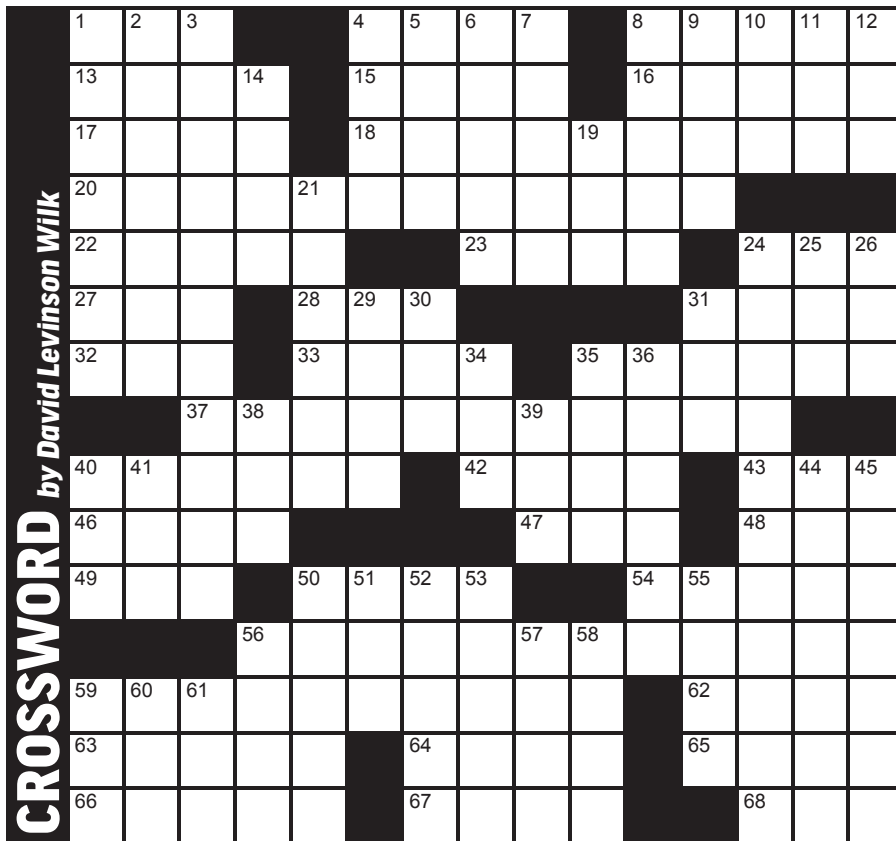
"Then, a-course, you're gonna need somethin' to read, right?" The sound was fading away fast.

"So ya jest whup and spur on down to the Read Me Now bookstore and ask for Sarah McKinley. You'll know her ... right off ... 'cuz she's the only one in there and that means you'll have some uncompromotin' quiet time to do some book lookin'."

The people strolling on the town's sidewalks started smiling then as they continued toward the Baptist Church. But every time they heard a car engine, they became slightly furtive. Yeah, that was it. Furtive and friendly. And as each neighbor was shushed and sent in the door to the church by Pastor Don, the furtivity — hey, it might be a word — and smiles hooked onto a feeling of conspiracy, but in a happy way.

This was one meeting Windy wasn't invited to. ♦

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REGROUP — Answers in the next edition

ACROSS

1. "The Big Bang Theory" character from India
4. 1958 Best Picture winner that becomes 6-Down when a letter is added to its title
8. King or queen
13. Arrow-shooting Greek god
15. Like many Keats poems
16. Replies to an invite
17. Cutting remark
18. "Your Movie Sucks" author
20. In a 1952 novel, he wrote "I am invisible ... simply because people refuse to see me"
22. "You're ___ talk!"
23. Gadget's rank in cartoons: Abbr.
24. Wray of "King Kong"
27. Young ___ (kids)
28. Smash hits: Abbr.
31. Way in or out
32. ___ de deux
33. Home of Waikiki Beach
35. Taxing times?
37. Barack Obama's first White House Chief of Staff
40. Curtain call chorus
42. Woody odor
43. PC key
46. Running ___
47. Roseanne's husband on "Roseanne"
48. Las Vegas block?
49. Gift shop buy
50. Speed-of-sound name
54. "... and ___ a good-night!"
56. TV journalist who wrote "War Journal: My Five Years in Iraq"
59. Tennis legend who won 12 Grand Slam singles titles in the 1960s
62. "Pleeeeeeease?"
63. Cara of "Fame"
64. "___ jungle out there"
65. Morse code taps
66. Still-in-development apps
67. Utters
68. Fanatic

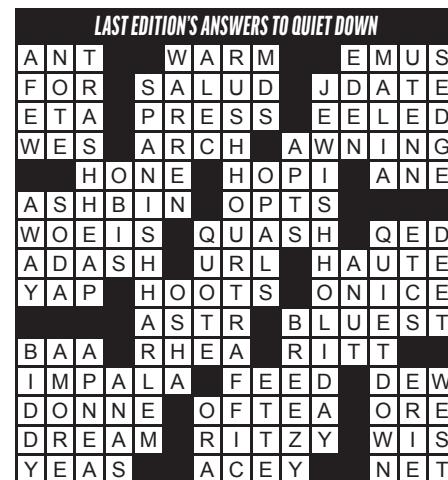
DOWN

1. Prepare for a fresh start ... or a hint to this puzzle's theme
2. First name in online news
3. Economist's concern
4. Reason for an R rating
5. One with millions of followers
6. 2003 film bomb that becomes 4-Across when a letter is subtracted from its title
7. Trap during winter, perhaps
8. Before surgery, informally
9. 978-0553213119, for "Moby-Dick"
10. New Year's ___
11. Some chest-pounding, briefly
12. Contractor's fig.
14. Back-to-sch. time
19. Online news aggregation inits.
21. Jolly Green Giant's

24. "Curses! I never win!"
25. Owner of Moviefone
26. There are 100 in one cent.
29. Crashes into
30. "That's what ___ said"
31. Dr. of hip-hop
34. "Stee-rikel" caller
35. Elsa's sister in "Frozen"
36. Tito, the King of Latin Music
38. City map abbr.
39. FEMA offering
40. Deli offering
41. "Norma ___"
44. Guest appearance?

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45. Yo-Yo Ma, e.g.
50. Actors without lines
51. Pass with flying colors
52. "Hardball" host Matthews
53. "___ luego!"
55. Like much music of the '90s
56. "The Bold and the Beautiful" actress Sofer
57. Looking up
58. Strands of biology
59. Chest protector?
60. It's targeted for extraction
61. Thus far





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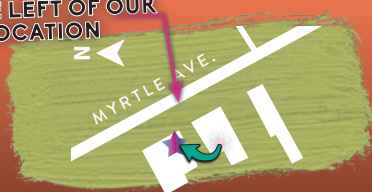
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